



The Human Potential Center

My Assertive Rights

I have the right to:

- Act in ways that promote my self-respect and integrity.
- Feel good about myself.
- Stand up for myself.
- Experience and express my feelings.
- Ask for what I want.
- Say “No” and not feel guilty.
- Ask “dumb” questions.
- “Read minds” poorly.
- Take time to slow down and think.
- Change my mind and make mistakes.
- Disappoint people & do less than I am capable of doing.
- Not have a “good reason” for what I feel and want.